**Why choose a Fluid Trainer?**

* Exponential Resistance Curve
* Most Realistic Riding feel
* Quieter than Fan/Magnetic alternatives

Diagram:  
Point to Fins – Fins increase surface area to dissipate the heat created by pedalling  
Fluid – Filled with just the right amount of fluid to calibrate appropriate resistance.   
Impellers – Connected to drift shaft which pushes the fluid around. Creates higher resistance per rpm.  
Flywheel – Appropriately weighted to generate momentum and simulates coasting

Description: Our Progear Flux Trainer is designed to deliver smooth, quiet and realistic road riding. Our fluid system delivers exceptional road-like resistance, and becomes harder to push through the harder you pedal.

**Aluminium Rollers**

Our aluminium rollers are more consistent, quieter and requires less maintenance than gel rollers. Reduces noise and tyre wear by up to 50%.

**Adjustable Roller**

Our trainer can be adjusted to suit 700c, 26”, 27” wheel sizes.

**Low Noise**

We know the importance of a quiet system – our Fluid trainers will produce less noise than a magnetic trainer.

**Quick Release Lever & Skewer**

Designed to fit common road and mountain bike frames, and includes a steel quick release skewer to match our system.

**Wide base and anti-slip feet**

Our strong steel frame comes with a wide base and anti-slip feet for extra stability during hard workouts and pedalling.

**Front Wheel Floor Block included**

Front Wheel Floor Riser block to stabilise your front wheel.

**Foldable**

Easily foldable for storage and to save space. Sets up in seconds when unfolding.

**Easy Assembly**

Instruction manual and tools are provided for a quick 10 minute assembly.